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Walking on with the 'Cuse

Dartmouth's Noel Jones has cracked the Syracuse Orange roster as a training-camp walk-on, fulfilling a childhood dream
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THE BOYS'LL BE BACK

BUBBLES AND CO. TO RETURN TO BIG
SCREEN FOR THEIR THIRD MOVIE PAGE 4



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Tuesday, October 23, 2012



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Breaking in the new guy



Mayor-elect Mike Savage, left, and outgoing Mayor Peter Kelly meet at city hall to discuss the change-over. JEFF HARPER/METRO

Social media. 'First 100 days' initiative builds on campaign momentum

The changing of the guard has begun at city hall.

Mayor-elect Mike Savage won't be sworn in until Nov. 6, but he met with outgoing mayor Peter Kelly Monday afternoon to discuss the transition that will occur over the next two weeks.

"I want to find out where the mayor's office is and meet some of the people here," said Savage. "I also want to wish Mayor Kelly well in the next stage of his life."

Kelly said there wasn't much to tell the "new guy."

"Basically, it's do the best job you can, and I'm sure Mike will be doing that," he said. "He has the experience and will have people around him to help him out, so it's all moving forward."

As Savage draws up a to-do list for the next two weeks, local business groups are drawing one up for the first 100 days in office.

Gordon Stevens of the Uncommon Group launched the #First100DaysHRM hashtag to encourage residents to stay abreast of goings-on at city

hall.

"It would be nice, given the amount of ideas and input the candidates picked up during the last two or three months, to see them set some early goals ... and show the city that it is a new government, that there is change afoot," he said.

In its first day, Stevens says the hashtag was used more than 300 times on suggestions ranging from lower speed limits to changing taxi regulations.

A Halifax Chamber of Commerce vice-president says 100 days isn't much time, so he's being specific about his wishes.

"Tax reform," said Brian Rose, promptly. "Bring the last committee back, say, 'I'm really sorry that we shut you down last time, can we start this up again?'"

Savage didn't want to commit to a timeline on tax reform, but said it would be addressed before long.

RUTH DAVENPORT/METRO

Savage breaks from tradition

In a move that's getting lots of attention on social media,

mayor-elect Mike Savage is doing away with one of the mayoralty's conventional trappings of power.

Savage said Monday he didn't want to be referred to as "Your Worship" after he takes office, opting instead for the simpler "Mr. Mayor."

In another marked departure from the Kelly doctrine, Savage doesn't plan on being pedantic about the use of the moniker "Halifax Regional Municipality."

When he speaks to the Halifax Chamber of Commerce on Nov. 19, Savage

will deliver a "State of the City" address, not "State of the Regional Municipality."

Chamber officials say Kelly refused to allow the use of the terms "Halifax" or "city," instead of "HRM" or "regional municipality."

RUTH DAVENPORT/METRO

Quoted

"Get out and say positive things about Halifax. Don't wait for someone to beg you to say it."

Halifax Chamber of Commerce vice-president Brian Rose on the new mayor's to-do list



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Moving in. Clarke in transition role as new CBRM mayor

Former provincial cabinet minister Cecil Clarke began the transition to the Cape Breton Regional Municipality mayor's office Monday by setting the date for the new council's swearing-in ceremony, in consultation with the chief administrative officer and municipal clerk.

It will take place on Nov. 5. Clarke spent much of Monday meeting with municipal staff and setting up private one-on-one sessions with the dozen councillors elected Saturday.

Clarke won the mayoral election decisively, collecting 59 per cent of the vote to opponent Rankin MacSween's 38 per cent. The priority for Clarke is to form a transition team to assist in briefings prior to being sworn into office.

"The transition team will get the various briefings in terms of what's necessary for current financials, operating committees (and) status of municipal business," he said.

"I'm having meetings with councillors to get introduced and talk about the individual districts, and get an appreciation for priorities, concerns or matters they want addressed."

He'll also spend time visiting municipal employees in departments such as public works, solid waste, and police and fire services.

That will take some time as he criss-crosses the municipality, meeting staff at their workplaces, he said. He also plans on meeting with Mayor John Morgan this week.

Morgan, who announced in August he wouldn't seek a fourth term, told Clarke supporters Saturday that he would be available to make the transition period as smooth as possible. **CAPE BRETON POST**



Newly elected councillors, clockwise from top left, Wayne Mason, Matt Whitman and Steve Craig plan to promote a proactive and transparent council. JEFF HARPER/METRO

Rookie councillors approaching roles with energy and optimism

Opportunities aplenty.
Three newbies looking
to foster sense of
teamwork on council

Time for change

"I didn't spend a lot of work studying the way council used to be because I'm expecting a new, very different council." District 13 councillor Matt Whitman



ANDREW RANKIN
andrew.rankin@metronews.ca

All three of HRM's newly elected councillors say they're approaching their new roles with energy and optimism.

Matt Whitman, who beat out Peter Lund in District 13, blames the old council for allowing Hammonds Plains Road to fall in a state of disrepair.

Making that a priority for

the new council will be one of his biggest goals.

"There was no timeline, no commitment, despite a petition signed by 2,400 residents," said Whitman. "That's the fault of the old council and I've got to let these guys know that this is important."

But at the same time, he said, he's looking to work closely with his new colleagues in the best interest of HRM resi-

dents. The touted networker says he's especially excited about working with the newly elected mayor Mike Savage.

"When I heard he was running I knew he would run a solid, team-focused council where there's not going to be backstabbing. He's a good, honest, ethical man."

Wayne Mason, who edged veteran councillor Sue Uteck in District 7, says one of his

priorities will be to make council more transparent by using social-media tools, as well helping to foster a sense of teamwork among councillors.

"We have an opportunity to grow from the fighting (and) personality clashes of the last council," said Mason.

Steve Craig, who came out on top of District 15, says he's excited about working within a smaller council where the communications specialist says more work is likely to get done.

"Smaller groups work better," he said. "People were not happy with the way that council was working.... We have an exciting opportunity to change that opinion."

1 NEWS

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Trailer Park reunion: The Boys back together on big screen

Expect shenanigans.

Ricky, Julian and Bubbles set to star in third movie based on popular TV series



ANDREW RANKIN
andrew.rankin@metronews.ca

Ricky, Julian and Bubbles have once again agreed to

Quoted

"Although it's been four years since our last film, Ricky, Julian and Bubbles are as popular as ever, even expanding internationally, and we're delighted to bring them back to the big screen."

Producer Barrie Dunn

give camera crews an all-access pass into their outrageous lives.

Production on a third Trailer Park Boys film will start in March. All of the original characters have signed on.

Producer Mike Volpe wouldn't disclose plot details but guaranteed it would be a "crazy film."

"It's safe to say that the boys will get themselves into trouble," said Volpe in a phone interview Monday. "They're going to have to find inventive ways to extract themselves from it."

Robb Wells, a.k.a. Ricky, says he's thrilled about the reunion.

"We've had incredible support from fans worldwide," Wells said in a release. "I love playing Ricky and we're all excited to play the Trailer Park Boys again on screen with the amazing cast and crew."

Volpe couldn't give a release date for the film but did say it wouldn't be before



Bubbles (Mike Smith), left, Ricky (Robb Wells) and Julian (John Paul Tremblay) of the Trailer Park Boys. Production on a third movie, centred on the trio's misadventures, is set to start in March. ALLIANCE ATLANTIS, HO/THE CANADIAN PRESS

2015.

Volpe said there's still plenty of demand for the

Boys and that there will be lots of fresh material for fans to enjoy.

Although the characters are outrageous, a tad rough and more than a little crude,

Previous films

- Released in 2006, the first Trailer Park Boys film, entitled Trailer Park Boys: The Movie, follows Ricky, Julian and Bubbles on their quest to commit one last crime before retiring from their criminal lives.
- The 2009 sequel, Trailer Park Boys: Countdown to Liquor Day, documents the trio's return to a life of crime after being released from prison.

Volpe says people are drawn to them because they're so endearing.

"People relate to the characters; they've grown up with a character that aren't that dissimilar," he said. "It's filled with heart. Even though they have their issues, they have each other's back and they're friends through thick and thin."

'Crunch time' for free-trade talks: EU ambassador

After three years of closed-door talks, it's "crunch time" for Canada's free-trade negotiations with Europe, the European Union's ambassador to Canada said Monday.

Matthias Brinkmann, head of the European Union Delegation to Canada, said the most contentious issues on the table have yet to be resolved, but he's confident a deal can be

reached.

"The most difficult issues, we always keep them until the end," he said.

The diplomat said the talks could drag into next year, blowing a year-end deadline that Ottawa had planned for.

The proposed Comprehensive Economic and Trade Agreement would establish the most wide-ranging trade deal Can-

Diplomat in town

- Matthias Brinkmann is in Halifax this week to meet with Premier Darrell Dexter and other officials.



Darrell Dexter METRO FILE

ada has ever entered. It would encompass not only goods, but investment and services, in-

tellectual property rights and provincial and municipal government procurement.

Brinkmann said talks in Brussels have yet to tackle several thorny issues, including patent protection for pharmaceuticals.

"Canada is lagging behind international standards," he said.

Europe wants brand-name drugs to be protected by patents from the moment a company files an application with

Canadian regulators.

However, government research results obtained by The Canadian Press show the European demand for extended patent protection would cost Canadians up to \$2 billion a year.

The proposal has faced strong opposition from many provinces, the generic drug industry and some health-care advocates. **THE CANADIAN PRESS**

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Taking the scenic route

A jogger heads over a bridge under a canopy of fall colours at Point Pleasant Park on Monday. JEFF HARPER/METRO

Witnesses pull no-show at sex trial

Principal accused. Alleged victim among those absent in court

The trial of a suspended principal at Avon View High School, who has been accused of sexual assault, has been adjourned until Friday after an unexpected turn of events in Windsor provincial court.

Douglas Robert Keyes was present for the scheduled

trial date Monday, but the alleged victim and two other subpoenaed witnesses were absent.

Judge Alan Tufts agreed to issue a warrant for the no-show witnesses at the request of Crown prosecutor Bill Fergusson.

Keyes, who is being represented by Joel Pink, entered a guilty plea to a breach-of-trust charge during the brief court appearance.

Fergusson listed alleged

Background

- It is alleged the bulk of the sexual offences occurred from 1998 to 2002. The identity of the complainant, a former Windsor Regional High School student, is banned from publication.

sexual assaults that occurred

in Gypsum Mines, Chester and Halifax as examples of the outstanding offences that will be on the agenda when Keyes returns to court Friday.

On his way out of the courthouse Monday, Pink told reporters the guilty plea for breach of trust was the result of negotiations that took place with the Crown.

Pink said he couldn't comment on the specifics of the breach-of-trust charge until the facts are laid out in court.

But he did say it's uncommon for a trial to be postponed because the complainant did not show up.

"It doesn't happen that often, but we're not surprised in this particular case that that happened," Pink said.

Keyes, of Gypsum Mines, is on paid leave from Avon View while the charges relating to the alleged sex crimes, which date back to 1998, remain before the court.

HANTS JOURNAL

Arrests

Pair charged in vehicle break-ins

Charges have been laid after police responded to a report of two males breaking into vehicles in Halifax late Sunday night.

Police were called to the 800 block of Herring Cove Road just before midnight, and after a search of the area a 20-year-old man and 17-year-old boy were arrested and charged.

Both will appear in Halifax provincial court at a later date. METRO

Deadly plunge

Man killed after truck falls into lake

A 67-year-old man is dead after his truck went off the road in Nova Scotia's Guysborough County.

Police say the truck the man was driving plunged into a lake in Erinville on Sunday.

Police add a young couple on an all-terrain vehicle found the truck partially submerged in a lake off Lower Glencoe Road.

They pulled the man from the truck, but he had no pulse.

Paramedics were called, but the man couldn't be revived.

Police say an autopsy will be done to determine cause of death.

THE CANADIAN PRESS

Online

For more local news, visit metronews.ca



Concert



Great Big Sea's Alan Doyle
CONTRIBUTED

Great Big Sea to play in Halifax

The Metro Centre will play host to Great Big Sea on April 26.

Tickets go on sale Friday at 10 a.m. and range in price from \$39.50 to \$79.50. Tickets can be purchased at Ticket Atlantic box office by phone at 451-1221 and online at sonicconcerts.com.

For more information, visit the band's website at greatbigsea.com.

Celebrating its 20th anniversary, the Newfoundland folk-rock band will be promoting its first greatest-hits double CD set, which will be released on Oct. 30.

METRO

Vehicle fatality

Cops ID one of two men killed in crash

The RCMP have identified one of two men killed in a weekend car crash in Nova Scotia.

The Mounties say Raymond Vincent Penny of Chezzetcook died when the car he was driving crashed into a tree on Ridge Road in White Rock early Sunday.

The 43-year-old died at the scene.

Police have not released the identity of the other

man, a 46-year-old passenger from Musquodoboit Harbour, at his family's request.

The cause of the crash is still under investigation.

THE CANADIAN PRESS

Economy

Port authority urged for Strait of Canso

A Nova Scotia politician says he would support the creation of a port authority for the Strait of Canso.

Allan MacMaster, the Conservative member of the legislature for Inverness, says a port authority would help create jobs and spur economic activity.

MacMaster says he has sent a letter to the municipal action committee and Central Nova MP Peter MacKay in hopes of generating discussion on the issue.

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Federal parties differ on how best to revamp Indian Act

Call for consultation.

Liberal leader says Tory-tabled update to existing legislation was drafted without input from First Nations

A debate about whether to repeal the centuries-old Indian Act is back before the House of Commons.

Last week, the Conservatives moved forward with a private members' bill that

would delete several sections of the act as a start towards fully dismantling it.

Now, the Liberals have introduced their own motion calling for talks with First Nations to replace the old legislation with something better suited to current realities.

The motion introduced by interim Liberal leader Bob Rae calls the existing legislation an embodiment of failed colonial and paternalistic policies.

Rae says it creates a barrier to economic and social development for First Nations and needs to be dismantled.

He says the Conservative bill was drafted without consultation with First Nations communities, while his own motion is the product of extensive talks.

Conservative MP Rob Clarke, who sponsored the bill, says it's based on his discussions with aboriginal leaders.

THE CANADIAN PRESS

Since 1876

- The Indian Act came into effect in 1876 and sets out the terms of the relationship between the federal Crown and First Nations.



A display of dismay

Protesters opposed to the Northern Gateway pipeline take part in a mass sit-in in front of the British Columbia legislature in Victoria on Monday.

JONATHAN HAYWARD/THE CANADIAN PRESS

Lockout Kills Dreams

A plea to the NHL

A man in Alberta who wants to watch one last hockey game with his dying father is pleading on YouTube for an end to the NHL lockout. The video, NHL Lockout Kills Dreams, has been viewed nearly 50,000 times since it

was posted last Thursday.

John Dick planned to spend the last couple months of his dad's life watching hockey from a hospital room in Leduc, south of Edmonton. He says his dad is dying of throat cancer and the effects of medication make him forget why they can't turn on the game. **THE CANADIAN PRESS**

Meaty issue

Politico de-tweets

Alberta's Opposition leader, Danielle Smith of the Wildrose party, says it was a mistake for her to tweet that properly cooked tainted meat could feed the homeless.

Smith told an open-line radio show that if you can't

explain your position in 140 words on Twitter, you shouldn't try. On the weekend, Smith went on Twitter to suggest meat that had to be recalled by XL Foods in Brooks, Alta., could be cooked to destroy E. coli bacteria and then fed to "the hungry." The company will dump the meat in a landfill, and Smith now agrees that's a better option.

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Jobs project gets celeb boost in Haiti



Actor Sean Penn and model Petra Nemcova at the opening of the new Caracol Industrial Park in Haiti on Monday. LARRY DOWNING/THE ASSOCIATED PRESS

Industrial park. Hillary and Bill Clinton encouraged investment in the project and the impoverished country

U.S. Secretary of State Hillary Rodham Clinton encouraged foreigners to invest in Haiti as she and her husband Bill led a star-studded delegation gathered Monday to inaugurate a new industrial park at the centre of U.S. efforts to help the country rebuild after the 2010 earthquake.

Actors Sean Penn and Ben Stiller, fashion designer Donna Karan and British business magnate Richard Branson were among the luminaries at the opening of the new Caracol Industrial Park, which is projected to create thousands of jobs more than 100 miles from the quake-ravaged capital of Port-au-Prince.

Hillary Rodham Clinton told a roomful of investors gathered for a luncheon that she had made Haiti a priority when she became secretary of state.

"We had learned that supporting long-term prosperity in Haiti meant more than providing aid," she

Optimistic

"We don't have a lot of employers here, and we're talking about several hundred thousand jobs."

Jean Cherenfant, mayor of Cap-Haitien

said. "It required investments in infrastructure and the economy that would help the Haitian people achieve their own dreams.

"So we shifted our assistance to investments to address some of the biggest challenges facing this country: creating jobs and sus-

tainable economic growth," she added.

Earlier Monday, thousands of Haitians lined the roadway to wave at her motorcade as it wound its way from the airport. Hillary Rodham Clinton and other U.S. officials, including Labor Secretary Hilda Solis and Sen. Patrick Leahy, toured a housing development for industrial-park workers supported by the U.S. Agency for International Development. Secretary Clinton noted there were three presidents there: her husband Bill, Haitian President Michel Martelly and his predecessor Rene Preval. **THE ASSOCIATED PRESS**



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Man on a mission: On call and loving every Mars minute of it

Search for life on Mars.
Physicist's life on Earth consumed by project

AMBER
SHORTT
Metro in Toronto

The vows had been said and the pictures taken, but when it came time to crack open the kegs the best man — the person responsible for getting the beer flowing — couldn't be found.

That's because Nick Boyd, a 29-year-old physicist from Picton, Ont., had slipped away from his brother's wedding reception to attend to the one thing more demanding than a tent full of thirsty guests: the Mars rover Curiosity.

"A few people came to hurry me along," said Boyd, the operations lead for the team managing the day-to-day functions of the Alpha Particle X-Ray Spectrometer, the Canadian-built instrument on the rover. He had to build a file to send back to NASA's Jet Propulsion Laboratory in California, where he has spent the last three months working with scientists from around the world conducting experiments on Mars.

"It consumes your whole life for this early period," said Boyd, adding the mission, officially called the Mars Science Laboratory, has so far gone "amazingly smoothly."

"You'll do whatever it takes to make the mission go well."

Boyd has spent the bulk of his professional life, the last six years, as part of the University of Guelph team that developed the APXS, one of 10 instruments carried by Curiosity. It identifies the chemical composition of Martian rock and soil — information geologists are using to determine whether Mars was ever able to support life.

He said he still finds it surreal to be communicating with the machine on another planet.

"It was never a given that

Quoted

"We're taking a very, very big role in this mission ... and it's something that everyone should be able to take some pride in."

Nick Boyd on Canada's involvement in the Mars Science Laboratory mission

we were going to land safely," said Boyd, thinking back to the knot in his stomach on the Aug. 5 landing day. He said all he could think was "it's my career that's strapped to that car with a jet pack."

But after the landing crew "won the biggest game of their lives" Boyd only nabbed a couple of hours sleep before his work began.

Since then, the tactical team has been working in two shifts, on "Mars time," to ensure it gets the most out of Curiosity.

The first shift analyzes the data that comes back from the rover and creates a plan for Curiosity's next day. The second shift then takes the plan and turns it into a series of sequences that are transmitted to "drive" the rover.

"Every day is determined by the morning on Mars"

Since a Martian day is 40 minutes longer than Earth's, the team's shifts change by 40 minutes daily. Boyd likens it to being persistently jet-lagged, and said he often forgets to eat and has to recalculate every day whether he'll get stuck in rush hour.

"You can tell when we're in a time period that doesn't line up with Earth," said Boyd, noting tempers at the lab get a little shorter.

However, NASA has a way to make sure cooler heads prevail: a giant freezer kept full of Drumsticks and ice cream sandwiches.

"It's considered to be a very good investment in the general sanity of the team," Boyd said.



Nick Boyd stands in front of the test bed rover at NASA's Jet Propulsion Laboratory in Pasadena, Calif. The physicist with the University of Guelph has spent the last three months working with hundreds of scientists to conduct tests on Mars. CONTRIBUTED

Transition back to Earth

Starting next month, the team members will continue their work from their home labs. The mission is projected to last roughly two years, but Boyd is cautious on the subject of Curiosity's longevity.

"It's not a good idea to make predictions of mission lifetime," he said, though he notes that the rovers that NASA launched in 2003, Spirit and Opportunity, outlived their mission timelines. Spirit made it six years, and Opportunity is still going.

Mars, however, hasn't been an easy expedition. Roughly two-thirds of Mars missions since the 1960s have failed.

But whether it's another day or a decade, Boyd plans to soak

up every moment on the Red Planet.

"I tell people I'm in year five of a five-year plan," he said. "I'm definitely enjoying the fruits of my labour."

Curiosity

A ton of fun on the 4th rock from the sun

Every movement of the Mars rover could be its last, which is why each day's operation is determined by the one before it, said Boyd.

"There's no chance to fix an instrument once it's gone to Mars," he said, adding a slip in the sand could cost

an entire day. Because of that, calculations must be tested and retested on a stunt-double rover at JPL's simulated Mars field — something Boyd said is serious work, but also "like a little boy's dream playdate."

"My job is a ton of fun. I get to play with a lot of great toys and work with a lot of great people," he said. Though he added it can get him into trouble when he gets so caught up with robots that he forgets to call his wife, Allison, who is back in Guelph and pregnant with the couple's first child.

AMBER SHORTT/METRO IN TORONTO

Mars. APXS big deal for Canadian science

Iain Campbell, APXS co-investigator at the University of Guelph, said the instrument has already analyzed several rocks and soil samples on Mars.

"Everyone on this mission is very, very excited," he said, noting that a less advanced version of the APXS was on the Spirit and Opportunity rovers. Those missions found evidence that Mars had once contained water, and

Campbell is optimistic that Curiosity will be able to top those findings.

"Will these discoveries be the remnants of carbon-based life-forms? I don't know," he said. "But I hope it will be."

Campbell said the mission is also an important one due to the current concerns on climate change. He said Mars transitioned from being alkaline-based to more acidic billions of years ago and scientists hope to figure out what caused that change. He said the landing site was chosen partially because it contained rocks with layering that represented both environments.

As for the next project, Campbell said the U of G team, lead by principal investigator Ralf Gellert, is already working ahead on the next generation of the APXS.

"It's a big thing for Canadian science," said Campbell, noting the current \$2.5-billion mission is the largest exploration expedition in history. "If you want to play in the big leagues ... Canada is there."



NASA's Curiosity rover aimed two instruments to study a rock known as "Jake Matijevic." The red dots are where the Chemistry and Camera (ChemCam) instrument zapped it with its laser. The purple circles indicate where the Alpha Particle X-ray Spectrometer trained its view.

MSSS/JPL-CALTECH/NASA/AFP/GETTY IMAGES

By the numbers

567M Curiosity landed inside Mars' Gale Crater at the base of Mount Sharp on Aug. 5 after travelling 567 million kilometres.

899 Curiosity weighs 899 kilograms, and is powered by a multi-mission radioisotope thermoelectric generator and lithium-ion batteries.

98 The Mars Science Laboratory primary mission is projected to last 98 weeks — or one Martian year. Courtesy NASA

U.K. puts 3 men on trial over bomb plot

Terror cell. Suspects among group of men and one woman arrested in September 2011 in English city of Birmingham

Three young British Muslim men went on trial in London on Monday, accused of plotting to set off multiple bombs

in terrorist strikes.

Prosecutors allege the men, fired up by the sermons of a U.S.-born al-Qaida preacher, hoped to cause carnage on a mass scale. But their plot was undone by mishaps with money and logistics, and ended in a police counterterrorism swoop last year.

Prosecution lawyer Brian Altman told a jury that Irfan Khalid and Ashik Ali, both 27, and 31-year-old Irfan Naseer, were central players in a plan

Suicide attack?

"One of them was even to describe their plan as 'another 9-11.'"

Prosecution lawyer Brian Altman, accusing the three men of being key figures in a plan to detonate up to eight knapsack bombs in a suicide attack

to mount a terrorist attack "on a scale potentially greater than the London bombings in July 2005."

Fifty-two commuters were killed when four al-Qaida-inspired suicide bombers blew themselves up on London's bus and subway network on July 7, 2005.

Altman said the trio were the senior members of a home-grown terror cell inspired by the anti-Western sermons of U.S.-born Islamist cleric Anwar al-Awlaki, who was killed in Yemen in September 2011.

THE ASSOCIATED PRESS



Three British Muslim men, from left, Irfan Naseer, Irfan Khalid and Ashik Ali are on trial in London, accused of plotting a bombing campaign.

COURTESY OF WEST MIDLANDS POLICE/THE ASSOCIATED PRESS

Gaza militants. Three killed in Israeli airstrike

Israeli aircraft struck the northern Gaza Strip on Monday, killing three Palestinian militants after mortar attacks targeted Israeli troops earlier in the day, officials said.

The Islamic militant group Hamas that rules Gaza said in a text message to reporters that one of the men was a member of its military wing. Another Palestinian group, the Popular Resistance Committees, said in an email that the second man was from its ranks. Gaza health official Ashraf al-Kidra said a third

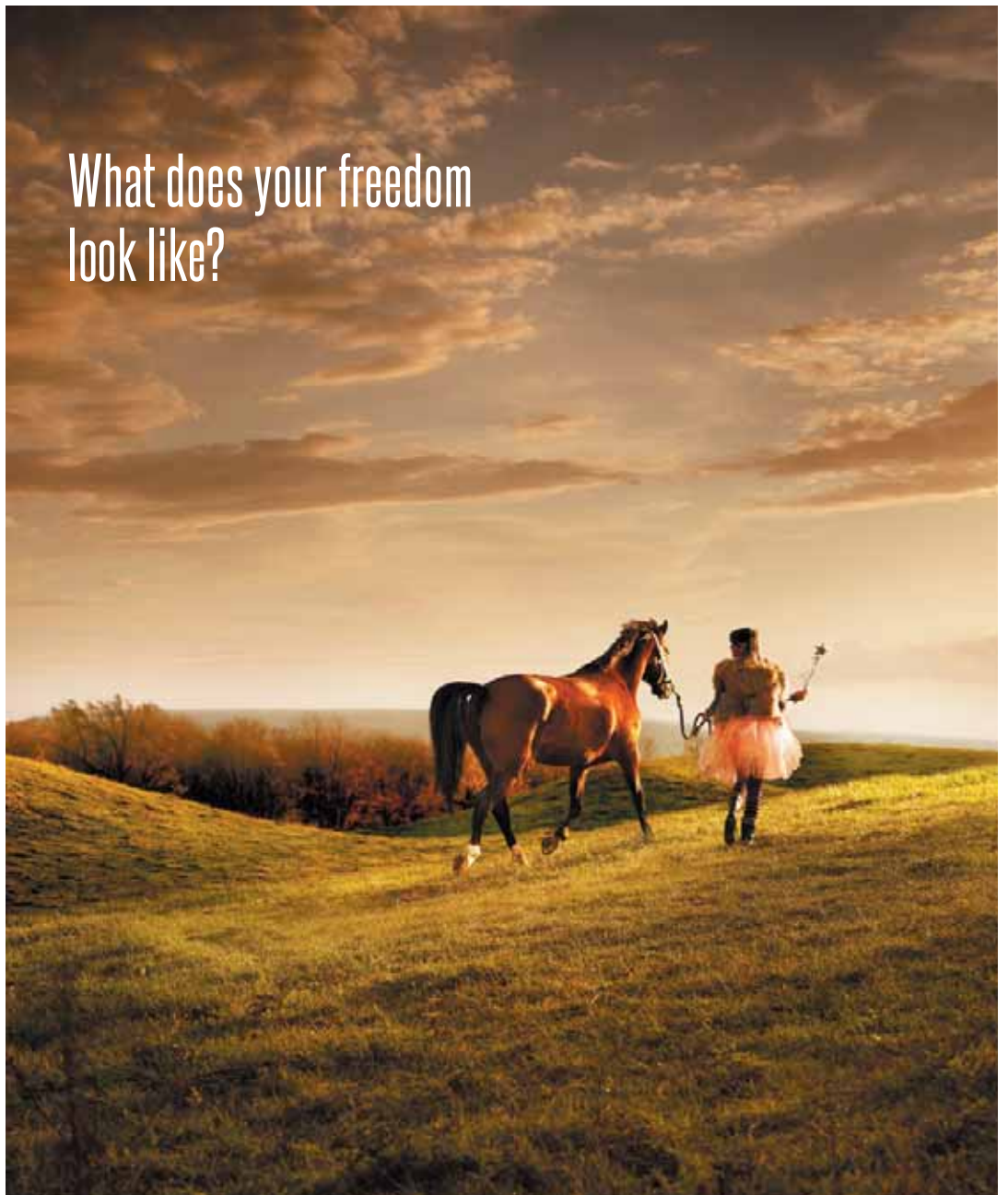
man later died of wounds sustained in the airstrike. He did not know if he was a militant or not.

The Israeli military said aircraft attacked rocket squads following mortar fire on military patrols. Also, several rockets were fired at communities in southern Israel, causing no casualties, the army said.

Prime Minister Benjamin Netanyahu said the rocket fire from Gaza would not go unpunished.

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Candidates clash in final presidential debate

Third round. Tied in the polls, rivals tussle over foreign affairs in last U.S. presidential debate

President Barack Obama accused Republican candidate Mitt Romney of being consistently wrong on foreign affairs as the two presidential rivals squared off in their third and final debate Monday with the race in a dead heat two weeks before Election Day.

Obama criticized Romney's support for beginning the war in Iraq, for opposing his plans to withdraw troops from Iraq, for inconsistent stances on

Afghanistan and for opposing nuclear treaties with Russia.

"Every time you've offered an opinion you've been wrong," Obama said.

Romney accused Obama of showing weakness in the Middle East, sending the wrong signal to Iranian leaders by going on an "apology tour" early in his presidency, while not visiting Israel. "We're four years closer to a nuclear Iran," he said.

The event at Lynn University in Boca Raton, Fla., produced none of the finger-pointing and little of the interrupting that marked their debate last week, when Obama needed a comeback after a listless performance in their first meeting on Oct. 3. But there was no mistaking the urgency with polls showing the race effectively tied. The two men frequently sniped at one another even on issues where they agree.

Despite the debate's stated focus on foreign affairs, the rivals turned to the slowly recovering U.S. economy, which polls show is the No. 1 issue for most voters.

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From left, Michelle Obama and Ann Romney watch as President Barack Obama speaks to one of Republican presidential nominee Mitt Romney's sons after the third presidential debate on Monday in Boca Raton, Fla. THE ASSOCIATED PRESS

Quoted

"It's not a game of Battleship."

President Barack Obama

He assailed Romney's budget plan for including "military spending that our military is not asking for."

Verdict. Seven experts convicted in Italy over deadly earthquake

In a verdict that sent shock waves through the scientific community, an Italian court convicted seven experts of manslaughter on Monday for failing to adequately warn residents of the risk before an earthquake struck central Italy in 2009, killing more than 300 people.

The defendants, all prominent scientists or geological and disaster experts, were sentenced to six years in prison.

Earthquake experts worldwide decried the trial as ridiculous, contending there was no way of knowing that a flurry of tremors would lead to a deadly

Reaction

One of the men convicted Monday was stunned by the verdict.

- **Shock.** "I am dejected, desperate," said Enzo Boschi, former head of the National Institute of Geophysics and Volcanology.

quake.

"It's a sad day for science," said seismologist Susan Hough of the U.S. Geological Survey in Pasadena, Calif. "It's unsettling."

THE ASSOCIATED PRESS

Human rights. Baird slams Iran, Syria at IPU event hosted by Canada

Foreign Affairs Minister John Baird abandoned host-country niceties Monday as he levelled a blistering attack against the human rights records of Iran, Syria and Uganda before some 1,400 international parliamentarians gathered for the Inter-Parliamentary Union in Quebec.

Iranian and Ugandan delegates at the IPU assembly, including the African nation's Speaker of Parliament, protested Baird's remarks, accusing the minister of meddling in their sovereign affairs at a collegial forum.

Even though the Conservative government has cut off diplomatic relations with

Tough talk

Baird on Iran at the IPU.

- **Iran.** "There can be no engagement with a regime that dishonours its word, repudiates its commitments and threatens to perpetuate crimes against humanity."

Iran and Syria in particular, it could do little to stop the presence of legislators from those countries at the 127th conference of the IPU.

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iPad mini? Bloggers have inside scoop on launches

On Tuesday, the world's attention will turn to California, where Apple is set to make a product announcement that will undoubtedly flood Facebook and Twitter with countless posts lusting after what's expected to be a smaller, more mobile 20-centimetre iPad.

In the high-stakes world of Apple rumour-mongering, two Canadian bloggers have built sterling reputations for accurately revealing details about new iPhones and iPads well before the company does.

It was five months ago that Montreal-based Rene Ritchie forecast Apple would release its new "iPad mini" this month for between \$200 to \$250. Whether he was right will soon be revealed, but past posts on his iMore.com site accurately reported details about the iPhone 4S, the iPhone 5 and the "new

iPad" before Apple made its official announcements.

So what's his secret? Ritchie says he has various sources within Apple and at other manufacturing, retail and mobile carrier companies that feed him information from time to time.

"I'm just lucky enough that I get enough pieces that I can start to put things together," says Ritchie, 40, who notes that he sweats every prediction he makes.

Other elite tech bloggers have come to trust Ritchie given his spot-on coverage over the past year or so, says Jim Dalrymple, another Canadian who's looked to for Apple scoops. Dalrymple co-runs the website The Loop out of his home office in Bedford, N.S., just outside Halifax.

THE CANADIAN PRESS

Developing a mobile continent

Ghana. When it comes to wireless culture, Africa is leapfrogging the West — and young techies are churning out apps to take advantage of it



ELISABETH BRAW
Metro World News in London

At Kwame Nkrumah University of Science and Technology (KNUST) in Kumasi, Ghana, women carrying baskets of food on their heads walk past students going to class. From inside a sleek campus Internet café, Godwin Amefia, 21, runs his own mobile app company.

"I realized that students weren't told about schedule changes, so I created a mobile app for it," he explains. His company, mNotify, now has five employees and features a range of apps for churches, schools and businesses.

Amefia belongs to mFriday, a technology hub at KNUST whose members get together every Friday to trade business ideas. Welcome to the Silicon Valley of Ghana. "This is part of a whole new movement in Africa," observes founder



Developers work at a technology hub in Addis Ababa, Ethiopia. The hub has 500 members and has spawned three companies. GLYN RILEY/METRO

Bobby Okine. "People want to do something that will be recognized."

It's obvious why young Africans see a future following in the footsteps of Bill Gates and Steve Jobs — by remaining in Africa. Seventy three per cent of Africans now have a mobile phone, compared to just four per cent 10 years ago.

The figure is expected to rise to 85 per cent by 2015, according to research firm Royce Funds. Indeed, in its mobile-phone culture Africa is leapfrogging the West.

"Africa is the future," says Jesse Ofori, 21, another young KNUST student with his own technology firm. "You can go to the U.K. or U.S. to start a technology company, but most things have already been done there. Here, there are more opportunities. Every last banana seller has a mobile phone, and we can capitalize on that." Indeed, at Kumasi's rudimentary airport posters advertise mobile banking services.

"Young Africans are realizing that you can have a laptop

Top five African apps

- **Saya:** Smart-phone messaging, Facebook and chat apps for low-end devices.
- **iCow:** Alerts farmers to vital periods in their cows' gestation period. Also helps farmers find the nearest vet.
- **mNotify:** Bulk SMS service for universities, companies and other organizations.
- **mPedigree:** Patients can text information about medicine they've been given, getting an SMS message back informing them whether the medicine is counterfeit.
- **BudgIT:** Users text the service with requests for particular data about Nigeria's budget, and receive information back by SMS.

and make a lot of money," observes Okine.

"They're well-informed, and they're aware of Africa's problems. We say, 'Why not create an app to solve some of those problems?' People want things to change, and they want to make money."

Market Minute



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10 THINGS TO STOP WORRYING ABOUT RIGHT NOW



SHE SAYS...
Jessica Napier
metronews.ca

Lately, I've been thinking about how much time I waste fretting about entirely inconsequential things. We tend to allow trivial concerns — our follower count on Twitter,

looking good at the gym — to occupy our minds instead of directing our time and energy to more important pursuits. No more, dear readers, no more. If you worry about any of these things, you need to laugh at yourself immediately, then stop.

1 Who will get kicked off next week's episode of *The Bachelor Canada*. Dedicating any brain cells to worrying about reality-TV relationships is ridiculous when we all know these showmances only last about 10 minutes after the cameras stop rolling.

2 Running into someone while wearing the exact same outfit you wore yesterday. Sometimes we buy new clothes and like to wear them two days in a row, and that's OK, everyone, because we all do it.

3 Purchasing embarrassing drug-store items. Because at 27 years old, I shouldn't blush uncontrollably every time I need to pick up a box of tampons.

4 Your dress size. Not because having a healthy body isn't important, but because clothing manufacturers are increasingly making these numbers up and arbitrarily assigning digits for vanity or shame purposes.

5 Being alone in a public place. Stop eyeballing your iPhone every five seconds; everyone else is far too self-involved to notice you sitting by yourself at a restaurant.

6 Whether or not the other people on the bus are judging your reading materials. Reading *Fifty Shades of Grey* on public transit is about as scandalous as wearing a turtleneck while watching a PG-rated film.

7 Thinking up an original Halloween costume. It's not going to happen. No matter how unique or creative you think you are, someone else is going to do the same thing and they're probably going to do it better than you.

8 Why your newly engaged friend didn't pick you to be a bridesmaid/groomsman. Instead of fretting about not being included, think about what you're going to do with the hundreds of dollars you'll save.

9 Whether your stuff matches with your other stuff. Making sure your furniture/nail polish/shoes are the correct shade of Pantone tangerine is a quintessential example of the "small stuff" you should not sweat.

10 How many calories are in this? If you have to think about it, then you already know the answer is probably too many.

Follow Jessica Napier on
Twitter @MetroSheSays



Wondering what shade to choose? Here's a tip: No one actually cares. FLICKR.COM

7 wins — those never happened



GETTY IMAGES

Doping

Icon loses Tour de France titles

There was an Armstrong, Neil, who walked on the moon and another, Louis, who sang sweet jazz. But Lance Armstrong, seven-time Tour de France winner?

That never happened. "He deserves to be forgotten in cycling," Pat McQuaid, president of the International Cycling Union, said Monday as he erased Armstrong's victories from the record books after his group accepted sanctions imposed by the U.S. Anti-Doping Agency.

THE ASSOCIATED PRESS

Culture of secrecy

The doping doubts were there in 1999.

- A positive urine test for banned corticosteroids at the 1999 Tour was explained away and covered up by one of Armstrong's doctors, a former team masseuse testified years later.

- A book in 2004 in which the same masseuse said she gave Armstrong makeup to hide needle marks on his arm was met with writs from Armstrong's lawyers and furious denials from him.

Overcoming obstacles

Beating cancer, Tour wins inspired many

No sporting icon peddled a tale quite like this one.

The Texan from a broken home who became a world champion, then was struck down by testicular cancer that spread to his lungs and brain, but who still rolled up in 1999 at the Tour, a three-week endurance test so tough that it has defeated many men who didn't endure gut-wrenching chemotherapy and carry the scars of tumour-removing surgery.

He became the living embodiment of the idea that willpower can overcome any obstacle. THE ASSOCIATED PRESS

Loosening tongues

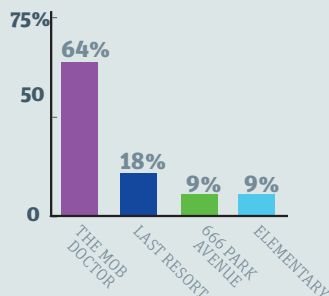
The feds "placed a gun and a badge on the table," said McQuaid, and the Great Wall of Silence crumbled.

- Former teammates explained how they used subterfuge to beat testers. Tyler Hamilton said they simply hid, not answering the door if a sample collector showed up. There was no test, and still isn't, to show that riders were re-injecting themselves with bags of their own blood. SEE SPORTS, PAGE 21, FOR MORE COVERAGE.



Register at metropolitanpanel.ca and take the quick poll

What new TV show should be the next to be cancelled?



Twitter

@emilypsampson:

We live in a world where Halifax had a 37% turn out for voters but every girl at DAL has a favorite Kardashian.

lunch and have a lovely view of the sea, others you get to watch dudes pump poop off a cruise ship.

@JillianBlackman:

Does this mean we all still get to fight if a provincial election is called this fall? #hrmvotes #votehrm

Anyone else noticing the ridiculous amount of dead raccoons on the side of the road lately? #halifax

@threehairs:

Halifax: some days you sit down for

Freezing today in #halifax. Time to open the oval again this year! #hurryupwinter

Helping kids be healthy inside and out

The healing power of conversation

By Rona Maynard

Ever since your child began to speak, the two of you have been talking about health. You've been a tireless advocate for broccoli, sunscreen and a good night's sleep. But chances are there's one topic that could use more attention. When it comes to mental health, a communication gap divides Canadian parents from their kids.

More than half of Canadian parents never discuss their child's mental health with anyone, according to the 2012 RBC® Children's Mental Health Parents Poll¹ — most often because they think it's not an issue. Of those who do talk about it, 51 per cent never raise the subject with their child. Yet parents overwhelmingly believe that if their child did have a problem, they'd be the first to know. They're very likely wrong.

Who would kids tell about a mental health concern? RBC asked the real experts: kids. In a companion poll of 115 children who visited the website of Kids Help Phone, a free and confidential counselling service for youth, friends topped the list of confidantes, with mom a distant second. Twenty per cent of kids would not open up to anyone.

"Kids who suffer in silence can obsess over what are often solvable problems to the point of becoming dysfunctional," says Dr. Ian Manion, adviser to the RBC Children's Mental Health Project and executive director of the Ontario Centre of Excellence for Child and Youth Mental Health.

The potential consequences range from plunging marks and broken social ties to substance abuse, self-harm and suicide.

You can do a lot to promote mental wellness in your child and to equip them with



tools for better coping. With every day-to-day conversation about feelings, you show that it's OK to talk about them. Here is Manion's advice:

- **Set a good example.** If you're feeling tired and grumpy after work, admit it. You might tell your child that you'll be ready to play after a cup of tea. "Parents sometimes think they have to be role models of mastery," says Manion. "It's equally important to be a role model of coping when things get tough."
- **Talk to your child at her level.** A three-year-old doesn't need to know that cousin Joey has Asperger's syndrome. She does need to understand that Joey can't help his puzzling behaviour. One way for parents to put it: "I'm glad you asked me about Joey. He's different from you and me because his brain works differently."

"Praise your child for bringing concerns to you."

- **Encourage openness.** Praise your child for bringing his concerns to you. Remind him that you're always ready for his questions. If you don't have the answer, the two of you can find it together.
- **Problem-solve with your child.** Suppose she's in a funk because she didn't get the part she wanted in the school play. Let her tell you how crushed she feels. Point out that while disappointment is OK, beating herself up is not. Would she like to try out for the next play? Meanwhile, how can she use her strongest skills to feel successful now — perhaps in sports or music, or in some other

contribution to her school community?

- **Watch for conversation starters.** A TV character who's being bullied, a celebrity with an eating disorder ... daily life is full of opportunities to show that no topic is off limits, even the most challenging. If your teen mentions that a local youth has died by suicide, that's your cue to express your sorrow and concern. Has your child or anyone he knows ever felt so desperate that suicide looked like the only option? What can a young person do if those feelings return? Make sure your child understands that emotional pain can be treated, just like physical pain. And you're there to help, just as you were when he first skinned his knee.

Rona Maynard is an author, speaker, mental health advocate and former Editor of Chatelaine.

Test your mental health IQ and support Kids Help Phone

Since 2008, the RBC Children's Mental Health Project has donated more than \$16 million to more than 200 organizations across Canada. You can help us help kids. Please visit rbc.com/childrensmentalhealth and test your knowledge of children's mental health. For every completed quiz, we'll give \$2 to Kids Help Phone², a free, confidential counselling service for youth nationwide.

² To a maximum donation of \$50,000.



RBC
Children's Mental
Health Project

This is a special feature brought to you by the RBC Children's Mental Health Project. Visit rbc.com/childrensmentalhealth to view the entire series.

¹ The RBC® Children's Mental Health Parents Poll of 2,568 Canadian parents was conducted by Leger Marketing. ®/TM Trademark(s) of Royal Bank of Canada

DVD reviews



Magic Mike

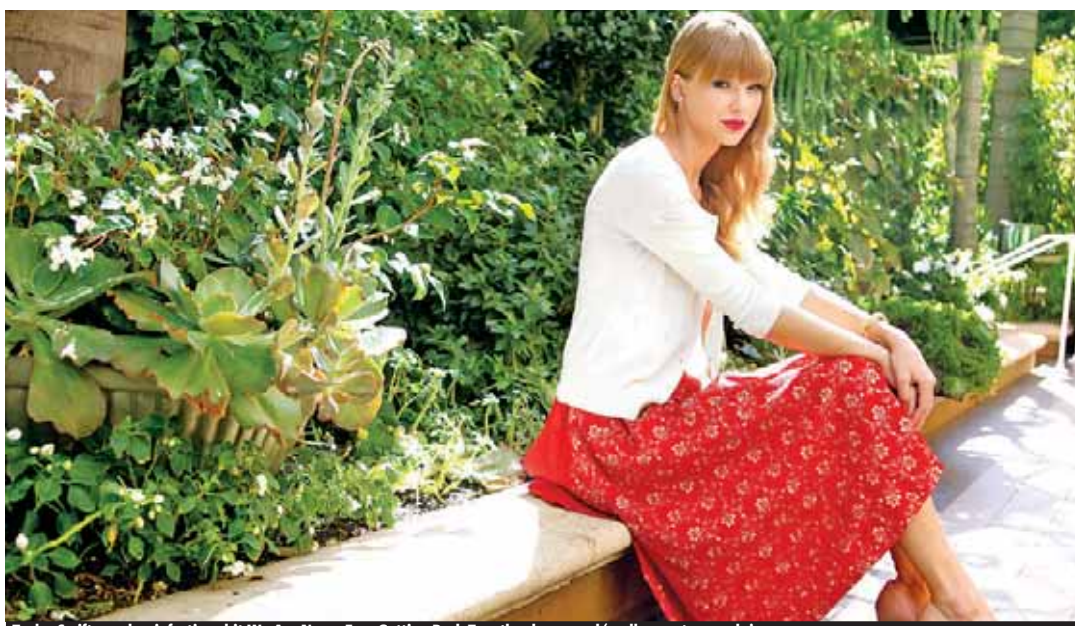
Director. Steven Soderbergh

Stars. Channing Tatum, Alex Pettyfer, Olivia Munn

●●●●●

Steven Soderbergh's latest genre exercise mines Channing Tatum's real-life male-stripper memories for maximum swagger, yet this is anything but a macho version of *Showgirls* or *Burlesque*. It's a realistic portrayal of a business that sells sizzle onstage, with plain sweat backstage to make it happen. Dancing at Tampa's Xquisite nightclub has been fun and reasonably profitable for Mike, but he's smart enough to observe how it has turned out for club owner Dallas (Matthew McConaughey), who also emcees and croons, from a cool cat into a cynical caricature. Still, Mike wants an equity share in the club, a carrot Dallas dangles but never drops. A new guy, Adam (Alex Pettyfer), starts stripping at the club and begins to threaten Mike's dominance of the dance floor. Adam's a loose cannon with a propensity for self-destruction and he puts a damper on sparks that develop between his sister Brooke (new face Cody Horn, well cast) and the romance-averse Mike. The strip-show numbers in *Magic Mike* are more humorous than sexual, which may disappoint anyone who attends hoping to see the real "full monty" on display. That never happens — think *Exotica* more than *Boogie Nights*.

PETER HOWELL

Taylor Swift says her infectious hit *We Are Never Ever Getting Back Together* happened 'really spontaneously.' MATTY SAYLES/THE ASSOCIATED PRESS

We are never, ever getting tired of Taylor

Red. Nashville singer with strong country roots enlists the help of pop music powerhouses for her fourth album

IAN GORMELY
scene@metronews.ca

No matter how many pop hits she scores, Taylor Swift will always be a country girl.

"In my mind, I'm always going to be a country artist because that's home to me," says the 22-year-old Nashville-based singer.

"The innate writing style of country music is

what formed me as a songwriter."

Yet after penning all the tracks on her last record on her own, Swift decided to team up with a who's who of pop songwriters for her fourth album, *Red*, which hit stores today.

"I wanted to figure out a way to push myself into a different comfort zone," she says.

Along with writers like Dan Wilson, who co-wrote Adele's mega-hit *Someone Like You*, Swift enlisted the help of Max Martin, the man behind Kelly Clarkson's *Since U Been Gone*, and Britney Spears' *...Baby One More Time*.

Together with Martin's protégé, Shellback, the trio co-wrote her own cur-

rent smash, the infectious and decidedly un-country *We Are Never Ever Getting Back Together*, and, as she says, it all happened "really spontaneously."

"It's really brought something different out of this album," she says.

"I think that there are definitely influences from every genre that I'm a fan of on this record."

Both U.K. singer/songwriter Ed Sheeran and Snow Patrol's Gary Lightbody make appearances on the record, the latter of whom Swift points to as a source of inspiration for her cinematic lyrics.

"The more you let people into the details," she says, "the more people feel welcomed into those experiences."

Weird in the woods

Watching the music video for *We Are Never Ever Getting Back Together*, it's hard not to notice the group of musicians dressed up as woodland creatures. Those oversized animals are actually Swift's backing band. She says the costumes were director Declan Whitebloom's idea and when she told the musicians, "they looked at me deadpan like, 'This is not happening.'" Yet while filming the single-shot clip, the band "got loopy," the results of which are on the screen. "It's the most random thing I've ever done in a video," says Swift. "It makes me laugh to this day."

Diamond Rings gets ready to shine

New album. Singer leaves his indie roots behind and embraces his inner pop star

IAN GORMELY
scene@metronews.ca

When it came time to follow up his bedroom-pop breakthrough, *Special Affections*, John O'Regan, best known to the world as Diamond Rings,

didn't bother trying to recapture the intimacy of his debut.

Instead, he opted to leave his indie roots behind and make the full transformation into a proper pop star.

"It's more about an attitude and confidence in one's self," he explains.

"Anyone who has the courage and the intestinal fortitude to put themselves out before the world in a way that's sincere and relatable, and above all else, different and unique.

As simple as embracing your inner pop diva sounds, it wasn't an easy process. "It's really hard to write and sing about things that are obvious and relatable in a way that's fresh and new," he says.

"I don't know if I did that. I did my best."

Writing for the record, *Free Dimensional*, was completed before his debut even dropped, after O'Regan was treated for Crohn's disease.

"It's a celebration of life and being alive," he says.



John O'Regan, a.k.a. Diamond Rings. SARAH DEA FOR TORSTAR NEWS SERVICE

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Celebrity Halloween: A how-to guide

MONICA WEYMOUTH
scene@metronews.ca

For all those hard at work on a show-stopping Halloween costume, we salute you. For all those planning to rummage through their closet at 9 p.m. on the 31st, we feel you. These celebrity-inspired costumes won't win you any contests, but they'll probably qualify you for free candy.

Tina Fey

This one's easy: Just throw on a pair of designer glasses that perfectly fit your face. Then get a blow-out that's not too fussy but adds enough volume and shine to show you care. Lose 15 pounds and wear something young but expensive. Accessorize with a great job and a ton of talent that you casually brush off. Wait a second — Tina Fey, we're on to you, girl.

Zooey Deschanel

The essentials: A vintage

a-line dress, lots of eyeliner, sexy librarian glasses, knee socks. Bonus points: An entourage of 20-something girls who resent you for reasons they can't quite explain.

Sexy Louis C.K.

Cut a deep V in an over-size black T-shirt that's faded enough to really show the grease stains. If possible, resist the urge to make jokes about having sex with dead things.

Prince Harry

Shower with things that smell rich, woodsy and clueless. Put on a very large, very expensive watch. And ... well, you're good to go.

Avril Lavigne and Chad Kroeger

The perfect couple's costume for 2012: Rummage through the punk store clearance rack, then roll around on the floor, making sure to soak up all that was wrong with 10 years ago. Hit on the underage cashier, douse yourself in Axe body spray and go shoot some 'edgy' engagement photos.

Sources say attempts to save troubled star not motivated by spotlight

It looks like the folks behind the attempted intervention for Lindsay Lohan last week had good reason to be concerned about the troubled actress. Several friends of Lohan insist to Radar Online that she's partying again and out of control, and her dad, Michael Lohan, is reportedly eager to put her under a

conservatorship similar to the one Britney Spears' father used. "People who party with Lindsay have confirmed her excessive partying and getting wasted," a source says. "Even some of the people who have enabled her partying have come clean and revealed what's going on."

Twitter



@RedHourBen

Zoolander LadyGaga story is not true. Weird that OK magazine would print something untrue. Weird to read a made up story on the internet.



@Joan_Rivers

Congratulations to Adele on the birth of her 68 pound 8 ounces bouncing baby boy.



@RealVinceVaughn

my verification is pending.

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Are you a new parent needing some sleep? There's an app for that. ISTOCK PHOTOS

Sleep-deprived new parents can finally get some shut-eye

New product. Former chart-topping musician has come up with an app that can help lull those cranky babies back to sleep

BRIGITTE NOËL

life@metronews.ca

The sallow skin, bloodshot eyes and dark circles of the living dead are a popular Halloween look for those seeking a cheap and easy costume. For the struggling parents of a newborn baby, achieving this look requires little effort. Thankfully, there just might be an app for that.

Barry Authors is a Canadian musician whose single

Online

Where can you find the app for your phone?

- **Online.** BabyDoze is available for both iPhone and Android. More details at babydoze-wombsound.com.

Authors says of his invention. "We had phenomenal results with testing."

His product's premise is simple — lulling babies to slumber using the sounds they hear before they are born.

This combination includes the thumping of a heartbeat, the whoosh of amniotic fluid and the hissing of circulating blood.

Not the stuff of Top 40 hits, but it's proved a winning formula for Authors, who created the recording during his wife's first pregnancy.

"There are lots of things that people say calm babies: noises of the sea, sounds that simulate the sound in the mother's womb," Authors says. "This doesn't simulate; this is exactly the sound that the baby hears."

No Charge reached the top of the U.K. charts in 1976.

Now he's produced what could be his greatest hit to date.

It's called BabyDoze, and it's an app that claims to give new parents what they desire the most — rest.

"Sit me down with 10 babies, and nine or 10 will go to sleep if they're crying,"

Want to prevent a cold? Avoid your T-zone

CELIA MILNE

life@metronews.ca

Ew, yuck. Everyone around you is coughing and sneezing.

You've heard all about washing your hands to prevent the flu.

Here's another simple rule: Keep fingers away from your face.

"Do not touch the T-zone — your eyes, nose and mouth," says Dr. Will Sawyer, an international infection prevention expert. "These are the only portals of entry into the human body for all respiratory illnesses such as the flu."

Kids can certainly benefit

from this advice right now, as the common cold usually reaches a zenith about four to six weeks after school starts. And adults are good at sharing germs too. On Global Handwashing Day last week, a report surfaced in the U.K. that one in 10 credit cards is as dirty as a toilet bowl.

"Only you can prevent the flu," says Sawyer. "If you never put your fingers to your hands, nose and mouth, you won't need to worry about how dirty your credit cards are; you wouldn't inoculate yourself."

Sawyer is a family physician in Cincinnati, Ohio.

He is the creator of Henry the Hand Foundation (henrythehand.com), which teaches



Kids and adults can benefit from some handwashing tips. ISTOCK PHOTOS

hand washing and disease prevention in the U.S. and Canada. "Spread the word, not the germs," is his motto.

Other flu prevention tac-

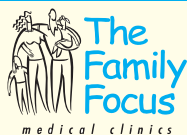
tics include getting the vaccine and practising what scientists call "social distancing," which means trying to stay at least a few feet away from sick people.

Words to live by

Here are the four principles of hand-washing awareness. Use them and be sure others around you do too.

- **Number 1.** Wash your hands when they are dirty and before eating
- **Number 2.** Do not cough into your hands.
- **Number 3.** Do not sneeze into your hands
- **Number 4.** Do not put your fingers in your eyes, nose or mouth.

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Traditional corn chowder is usually prepared with excess cream and butter. My version uses evaporated milk. You'll be surprised at how creamy and rich the soup tastes at just 211 calories and 3.7 grams of fat per serving.

Ingredients

- 2 cups corn niblets
- 1 1/2 tsp vegetable oil
- 1 cup chopped onion
- 1 1/2 tsp finely chopped garlic
- 1/2 cup chopped red bell pepper
- 1 cup peeled and diced potato
- 2 1/2 cups chicken stock
- 1/2 tsp hot chili sauce
- 2 tsp all-purpose flour
- 1 cup canned evaporated milk (2%)
- pinch of salt and pepper
- 3 tbsp chopped parsley



This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

1. Lightly coat nonstick skillet with cooking spray and set over medium heat. Sauté corn 8 mins., stirring often until lightly browned. Purée half of corn in food processor. Combine puréed corn with the whole corn in small bowl and set aside.
2. Add oil to large, nonstick pot and set over medium heat. Add onion and garlic and sauté 4 mins. Add red pepper and sauté another 2 mins. Add potato, stock, chili sauce and corn mixture. Bring to a boil, then reduce the heat to low and simmer, covered, for about 15 mins. or until the potato is tender.
3. Whisk flour and milk in a small bowl and gradually add to the soup. Add salt and pepper. Simmer, stirring occasionally for 3 minutes or until slightly thickened and heated through. Serve in bowls and garnish with parsley.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Smarter Snacking



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

We are a nation of snackers and it is a slippery slope.

On a recent trip to France, I noticed the utter lack of a snack.

Oh, sure, the French women have their espresso and rest at three or four in the afternoon, but it is a calorie-free respite that re-energizes.

In North America, we have confused treats and snacks. A snack is a small mouthful of food that nourishes you, on occasion, between meals.

A treat is something sweet or salty that you enjoy but you don't kid yourself that it gives you anything but empty calories (and pleasure).

If you really want to snack

well, consider these this afternoon:

- Green tea or espresso (single shot, unsweetened)
- Steamed edamame beans
- Hummus
- A handful of walnuts
- A cup of berries
- A tub of yogurt

Most foods in crinkly packages are treats. Yes, even if they say they only contain 100 calories, they are treats.

Go ahead and enjoy them, but treat them like any other guilty pleasure.

Be aware that they light up your brain but do not really feed your soul or your cells. **THERESA ALBERT** IS AN AUTHOR AND NUTRITIONIST AT ROSE-DALEWELL-NESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Apple cheddar soup. Serve it with crusty bread

1. In a large saucepan over medium-high heat, melt butter. Add apples, leeks, celery, carrots, thyme, rosemary, salt and pepper. Cook, stirring often, until vegetables begin to soften, about 10 minutes.

2. Add water and apple juice; bring to a simmer and cook until vegetables are very

tender, about 30 minutes.

3. Working in batches, purée soup in a blender until smooth. Return soup to pot and over medium heat, whisk in cheddar until dissolved. Gently whisk in milk and warm through (do not allow to boil).

THE CANADIAN PRESS/ ONTARIO APPLE GROWERS

Ingredients

- 30 ml (2 tbsp) butter
- 3 apples (McIntosh), peeled, cored and chopped
- 250 ml (1 cup) each chopped leeks (white and light green parts only), celery, carrots
- 15 ml (1 tbsp) each chopped fresh thyme and rosemary
- 2 ml (1/2 tsp) each salt and fresh cracked pepper
- 500 ml (2 cups) each water and apple juice
- 500 ml (2 cups) packed grated extra old cheddar cheese
- 250 ml (1 cup) 1 per cent milk



It's not too late to give

The Canadian Breast Cancer Foundation CIBC Run for the Cure was a great day - an inspiring day. Although the event is now over, the effort to create a future without breast cancer is not.

If you would like to show your support, there's still time to give. Visit www.runfortheCure.com/halifax to make a donation.

Lives depend on your support. Every dollar makes a difference.

Thank you.

Canadian Breast Cancer Foundation
CIBC  Run for the Cure

A chilly economic wind blowing through Canada?

Alison on money.
The IMF warns of an economic domino effect



YOUR MONEY
Alison Griffiths
money@metronews.ca

Last week the International Monetary Fund (IMF) scolded Canada for “domestic vulnerability” with a softening housing market, a high unemployment rate of 7.3 per cent and record personal debt levels.

Economists point out that at 163 per cent of income, our debt ratio is similar to the Americans before their housing bubble burst.

The IMF shaved its 2012 growth projections for Canada from 2.1 per cent to 1.9 and two per cent next year, down from 2.2 per cent. This compares to

global growth predictions of 3.3 and 3.6 per cent in 2012 and 2013.

The IMF worries that “a sharp or sustained decline in house prices could seriously set back the leveraged household sector and domestic demand.” In real speak, there’s potential for an economic domino effect. A declining housing market puts pressure on family debt, seriously affecting what we buy — a key driver of economic growth.

Lower growth means fewer jobs, especially in the housing sector, which is a huge job creator. It’s not a pretty picture.

If you’re concerned that the IMF’s fears will be born out, try this:

1. Take stock

Where are you vulnerable? Is it your mortgage or personal debt? If the government reduces borrowing by raising interest rates or tightening mortgage insurance or qualification conditions, what will be most affected?

You might lock in an open variable mortgage, as some aren’t much lower than a five-year fixed term. You could also pay bi-weekly or make larger payments. Homebuyers shouldn’t purchase until a larger down payment is in hand.

2. Cut spending

You can never go wrong here.

Challenge your family to live on a teeny, tiny budget for three months. Cut back holiday plans. Defer any non-essential big-ticket items. Be vigilant about leftovers and don’t let food items become stale-dated.

3. Build up cash

Money on hand can soften a blow from the unexpected. Increase your savings by one per cent. Stash change daily. Have a late-fall garage sale or sell things on eBay. Ask for cash gifts this holiday season or gift cards for gas or groceries. Many small steps have a big financial impact.

The sky may not fall, but it doesn’t hurt to be prepared.

A frugal approach to cross-border shopping



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

I travel quite a bit, both for work and pleasure. Because I like to purchase unique items that are on sale, I hunt for deals while I’m on the road and I’m never afraid to ask for a discount from the posted price.

In June 2012, Canada loosened its duty-free limits, which means in a 24-hour period, a Canadian can return with \$200 worth of goods and not pay tax, which is four times higher than previously.

In a 48-hour period or longer, the limit is \$800 — twice as high as before.

The case for Canadians to shop south of the border is even stronger when you take into account a strong Canadian dollar and a glaring price gap that simply can’t be ignored.

According to a report from BMO published this past summer, U.S. products



The case for Canadians to shop south of the border is strong these days. iSTOCK IMAGES

tend to be at least 14 per cent cheaper.

On top of this, there is greater selection of brands and attractive discounts as the U.S. economy is still struggling.

As a result, Canadians appear to be shopping in the U.S. more often.

Before you head down to the U.S. for a football game and shopping spree, consider these frugal shopping principles.

- Research where to shop (outlet malls or shopping districts), what’s on sale, and when the best time to shop is (Black Friday, Thanksgiving, Christmas, spring, summer or fall).

- Don’t buy what you don’t need and stick to a budget.

- Scour the sale racks for last year’s top sellers and items that have just gone out of season (they’re probably still ‘in’ for Canada). Buy high-quality discounted items from bulk distributors.

- Ask whether local taxes qualify for exemption. Sometimes stores will give you tax back right at the till (common in some U.S. states) while other times you have to bring your purchases and receipts to the airport (common in Europe).

- You are legally required to declare and pay tax on your purchases that exceed the exemption limit when you cross the border. Include this in your budget.

- Lastly, determine whether the cost of your trip is worth the savings. If you spend \$700 on airfare and a hotel, is it worth saving \$200?

Keep in mind that cross-border shopping is hard on local Canadian retailers.

But, according to CBC News, Canadian retailers are responding to the increased U.S. competition by expanding their product offerings, re-evaluating prices and upgrading the curb appeal of their stores. So don’t write-off the locals.



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Clashing cultures

When is the right time to serve the salad?

Dear Charles The Butler
At our family table we have both North Americans and Europeans. So the debate comes up on occasion, when should we serve the salad course? Should it be before (American Style) or after (European Style)?



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

The salad course was traditionally served after the main course for two reasons: first, because the vinegar



Tasty before or after the main. iSTOCK

in the salad was not good with wine, and wine was far more important, so the salad course was delayed. In addition, the feeling was that the salad course was considered to help with the digestion of the meal. At a formal table the salad course — just like any other course — is always served as a separate course.

With the invention and ever growing popularity

of non-acidic salad dressings (mayonnaise base) like caesar dressing, the vinegar issue became irrelevant and with fewer and fewer courses being served, the salad became an American choice to have before the main course.

Neither one nor the other is right or wrong, they are just different. So embrace each culture and enjoy the salad!

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Jones finally gets chance to suit up for Syracuse

College basketball. 'Love for the sport' started when watching Carmelo Anthony as an Orangeman



MATTHEW WUEST
matthew.wuest@metronews.ca

Ever since Noel Jones watched Carmelo Anthony lead the Syracuse Orange to an NCAA championship almost a decade ago, he's wanted to play Division I basketball at the New York school. The Dartmouth resident is finally getting his chance.

Jones, a rugged six-foot-six forward who graduated from Halifax Grammar School more than four years ago, has suddenly emerged from obscurity and cracked the Syracuse roster as a training-camp walk-on.

"When I was younger, this was always my favourite team," Jones said. "I remem-

ber watching Carmelo Anthony win a championship back in 2003 and for me, that really set up my whole love for the sport."

Jones, who was born in Montreal but moved to Dartmouth when he was 11, was a two-time most valuable player at Halifax Grammar but eschewed numerous offers from Canadian Inter-university Sport schools to head south of the border to pursue an NCAA opportunity.

He played a year at Mari-anapolis prep school in Connecticut, then took a year off before heading to Syracuse in 2010 to try to get noticed by the Orange coaching staff. But with no open tryouts in 2010 and 2011, he didn't get a sniff. He almost gave up.

"I remember over winter break last year, I started looking into other schools seriously — I just wanted to get back playing," said Jones, who got his first chance to train and scrimmage with the Orange this summer.

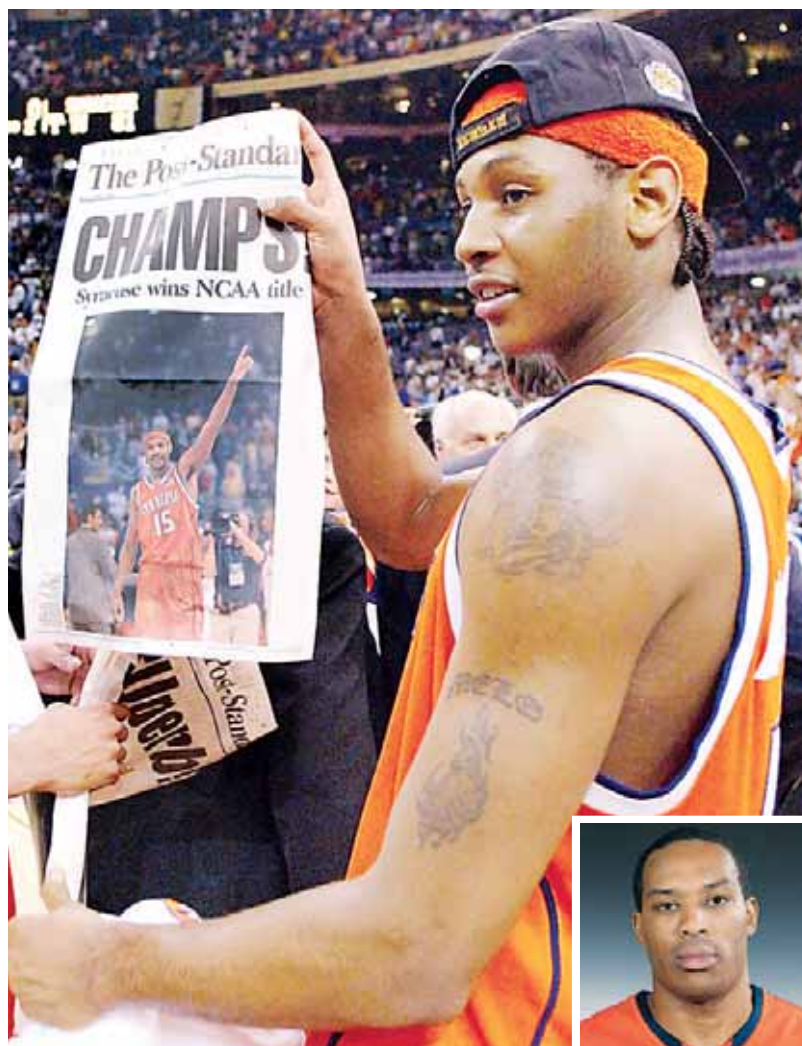
"Eventually I decided this was where I really wanted to be and stuck it out."

Cracking the Syracuse roster is no small feat. The Orange went 31-2 last season and made it to the Elite Eight. USA Today pegs the team ninth in its pre-season NCAA poll.

Although it's not clear how big Jones's role will be, the regular season opens on Nov. 9 and he can't wait to put on the Orange jersey.

"It's been my dream to play in the NCAA as long as I can remember," Jones said. "It means so much to get this opportunity. It's really a blessing."

"I feel very fortunate."



Carmelo Anthony holds up an advance copy of a local newspaper while celebrating Syracuse's 2003 NCAA title win. That championship had a profound impact on Dartmouth's Noel Jones, inset, who is suiting up at Syracuse this season. CRAIG JONES/GETTY IMAGES FILE

Nova Scotians in NCAA

- **G Chris Johnson, North Preston** (St. Bonaventure, 2011-present)
- **G Bryson Johnson, Lyons Brook, Pictou Co.** (Bucknell, 2009-present)
- **G Kenny Perry, Halifax** (San Francisco, 2007-08)
- **C Corey Hallett, Sandy Point, Sherburne Co.** (Central Michigan/Monmouth, 2002-07)

QMJHL. MacKinnon picks up weekly award after a four-goal week

A four-goal week has earned Halifax Mooseheads forward Nathan MacKinnon the QMJHL's second star of the week award.

MacKinnon was the first star in Wednesday's 7-5 win over the P.E.I. Rocket, recording two goals and an assist, while on Sunday, he had the game-winner and added a helper in a 4-3 win over the Bathurst Titan. Both games were on the road.

Baie-Comeau Drakkar forward Petr Straka (four goals and three assists in

Goal machine

11

Number of goals Nathan MacKinnon has scored during a seven-game scoring streak. He now ranks second in the QMJHL with 15 goals in 13 games.

three games) was the first star and Rimouski Oceanic goaltender Philippe Desrosiers (2.35 goals-against average, .935 save percentage, three appearances) was the third star.

METRO

Lockout

NHL: Players 'know how to reach us'

Another day ticked by without progress in the NHL's collective bargaining talks.

The league and NHL Players' Association were each holding firm on their most recent proposals Monday and have yet to even make plans to gather for another bargaining session this week. With a Thursday deadline looming to reach an agreement and salvage an 82-game season, the sides appeared to be at odds over how

By the numbers

135

The 37-day lockout has already seen 135 regular-season games wiped off the calendar. The NHL believes there would be enough time to add them back on and play a full season if an agreement could be reached in time to open abbreviated training camps on Friday.

best to proceed.

"(I'm) not sure there is any reason to meet if there is nothing new to say," deputy commissioner Bill Daly told The Canadian Press in an email. "Our position was communicated to the union pretty clearly last Tuesday and then again on

Thursday.

"If they have a desire to meet with regard to the proposal we have on the table, they know how to reach us."

The sides touched base by phone over the weekend following a busy few days that saw each of them table new offers. They had been expected to gather in New York at some point this week.

"They say they want a deal but then they say they only want to meet if it is on their terms," said Steve Fehr, the NHLPA's special counsel. "Strange. That is not the way to reach an agreement. Bargaining is give and take — not just take."

THE CANADIAN PRESS



Bears put blanket on Stafford

Brian Urlacher of the Chicago Bears blocks a pass by Matthew Stafford of the Detroit Lions during Monday Night Football in Chicago. Stafford threw a late touchdown to put the Lions on the board but The Bears hung on to win 13-7. DAVID BANKS/GETTY IMAGES

Giants complete the comeback over Cardinals

NLCS. Detroit Tigers to travel to San Francisco. Giants back in World Series two years after winning it all

Way back in spring training, Hunter Pence hit a wicked grounder that smacked Miguel Cabrera in the face. A few months later, Pablo Sandoval launched a bases-loaded triple off Justin Verlander in the All-Star game.

Here they all are again, with everything at stake.

Tigers-Giants in the World Series.

A Triple Crown winner in Cabrera vs. a perfect game pitcher in Matt Cain. The Motor City vs. the City by the Bay, starting with Game 1 on Wednesday in the California twilight.

Hunter Pence hit a bizarre, two-run double, Matt Cain pitched his second clincher of October and the Giants won their record-tying sixth elimination game

Game 7

9

Giants

0

Cardinals



Angel Pagan of the San Francisco Giants touches third base during Game 7 Monday in San Francisco. EZRA SHAW/GETTY IMAGES

of the post-season, beating the defending World Series champion St. Louis Cardinals 9-0 in Game 7 of the NL championship series Monday night.

Marco Scutaro matched an LCS record with 14 hits in the series and Pablo Sandoval drove in a run for his fifth straight game. The Giants returned to the World Series two years after winning it all, getting the final out in a downpour.

The Tigers, who have been waiting on their opponent since finishing a four-game ALCS sweep of the Yankees last Thursday, get another trip to the Bay Area after clinching the division series in Oakland.

THE ASSOCIATED PRESS

Tour de France record book left in tatters

Seven lines of blanks. From 1999 to 2005. There will be no Tour de France winner in the record book for those years.

Once the toast of the Champs-Élysées, Lance Armstrong was formally stripped of his seven Tour titles Monday and banned for life for doping.

As far as the Tour is concerned, his victories never happened. He was never on the top step of the podium. The winner's yellow jersey was never on his back.

The decision by the International Cycling Union marked an end to the saga that brought down the most decorated rider in Tour history.

"Lance Armstrong has no place in cycling, and he deserves to be forgotten in cycling," said Pat McQuaid, president of the governing body. "Make no mistake, it's a catastrophe for him, and he has to face up to that."

It's also devastating for Tour de France organizers, who have to carve seven gaping holes from the honour roll of the sport's biggest event and airbrush Armstrong's image from a sun-baked podium on the Champs-Élysées.

"We wish that there is no winner for this period," Tour director Christian Prudhomme said Monday in Paris. "For us, very clearly, the titles should



Lance Armstrong speaks before a Livestrong charity event on Sunday in Austin, Texas. COOPER NEILL/GETTY IMAGES

remain blank. Effectively, we wish for these years to remain without winners."

Armstrong's fiercely defended reputation as a clean athlete was shattered by the U.S. Anti-Doping Agency two weeks ago, when it detailed evidence of drug use and trafficking by his Tour-winning teams. USADA released its report to show why it ordered Armstrong banned from competition back in August. Monday's judgment by the UCI was just the necessary next legal step to formalize the loss of his titles and expel him from the sport.

It will likely also trigger painful financial hits for Arm-

Armstrong camp quiet

Neither Armstrong nor his representatives had any comment about Monday's decision, but the rider was defiant in August when he chose not to fight USADA in one of the agency's arbitration hearings.

- He argued the process was rigged against him.

strong as race organizers and former sponsors line up to reclaim his rewards.

THE ASSOCIATED PRESS

Take me Home! Rowena



This pretty girl has the dubious honour of being the cat currently in our care the longest. It's through no fault of her own; she's a lovely girl who's just a bit shy. At two years of age, she is past the kitten crazy stage and would make a lovely companion. Come see her soon at Petcetera.

For more information on Rowena and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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Horoscopes

Aries

March 21 - April 20

A breakthrough of some kind is likely today. It may or may not be financial in nature but it will certainly be something that makes your life simpler on a material level. You deserve it, so enjoy it.

Taurus

April 21 - May 21

You get along with most people, but you also have a tendency to take over their lives and make decisions for them. That is something you need to curtail today, both for their benefit and for your own.

Gemini

May 22 - June 21

The Sun's change of signs means you need to slow down a bit. You have started many new things in recent weeks and your main task now is to consolidate what you have gained. Don't be too greedy.

Cancer

June 22 - July 23

The Sun moves into the most dynamic area of your chart today, which means the next few weeks are going to be special. You will find that the right opportunity arrives at just the right time. The fun days are here.

Leo

July 24 - Aug. 23

It may seem to everyone else that you don't have a care in the world, but on the inside you can feel that something is missing. Start thinking of ways you can bring more meaning to your existence. It's important.

Virgo

Aug. 24 - Sept. 23

You have been avoiding a certain person because you know they are going to say things you don't want to hear. That's too bad because at some point today they will corner you and make you listen.

Libra

Sept. 24 - Oct. 23

You may be suspicious if someone offers you something for nothing today but the planets indicate you won't be cheated, so lighten up a little. Not everyone is out to deceive you, so don't deceive yourself.

Scorpio

Oct. 24 - Nov. 22

Forget about everything that has gone before and focus on all the good things that are sure to come your way over the next few weeks. The Sun in your sign makes all things possible.

Sagittarius

Nov. 23 - Dec. 21

The most important thing now is that you are totally honest with yourself. Don't try to pretend you have done well when you know it isn't true. It's not about judgment, it's about getting it right next time.

Capricorn

Dec. 22 - Jan. 20

Even if you are the kind of Capricorn who does not like joining organizations, you will find it easy to get involved over the next few days. There are people out there who share your attitudes and ambitions. Find them.

Aquarius

Jan. 21 - Feb. 19

The Sun's journey across the career angle of your chart means you should focus on your work and not worry too much about what else might be going on in your life. Put ambition first for a while.

Pisces

Feb. 20 - March 20

Now that the financial pressure is beginning to ease, you may be tempted to spend a bit more money. That's fine but don't go over the top and get yourself into debt again. Keep that belt tight just a little bit longer. **SALLY BROMPTON**

A Few Teams Are in Here

Across

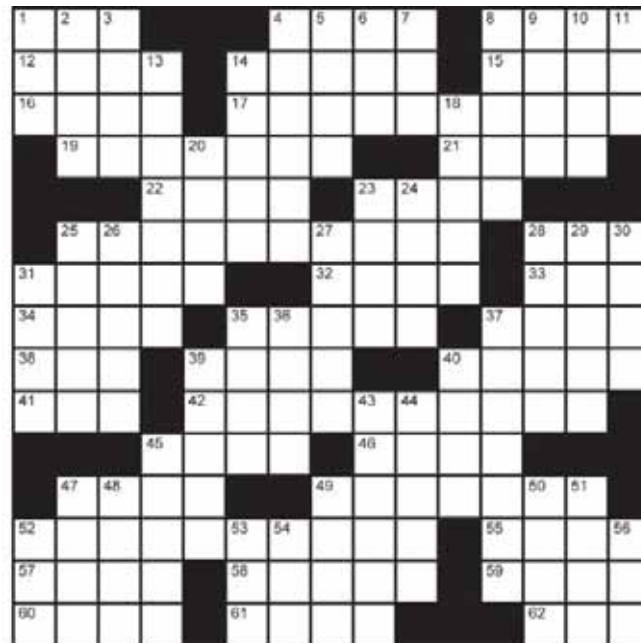
1. Cable channel that broadcast *The Sopranos*
4. "Quit it!"
8. Lubricates
12. Alero or Cutlass, in brief
14. Mother of William and Harry
15. Thought
16. Slave away
17. Put at risk
19. The Gulf Islands are in BC's Strait of ____
21. Stink
22. Ancient France
23. Animal den
25. Calgary CFL team
28. "I wandered lonely ____ cloud": start of Wordsworth's "Daffodils" (2 wds.)
31. Vancouver CFL Team
32. Like Bill Gates or Warren Buffet
33. "My gal" of song
34. Overnight stops
35. Military bigwigs
37. Boat
38. Chess or checkers pieces
39. Boast
40. MTV audience
41. Female sheep
42. BC's wooded tropical region (2 wds.)
45. Receives
46. Regrets
47. Revealed
49. Northwest ____: Canadian sea route only recently open to regular marine shipping
52. They handle our mail

(2 wds.)

55. Armed conflicts
57. Aardvark's meal
58. Buenos ____, Argentina
59. Audible exhalation
60. Summer drinks
61. Clairvoyant one
62. Foot digit

Down

1. Fresh off the grill
2. Electronic journal
3. *Garfield* comic strip dog
4. 28-Across's quotation, e.g.
5. Spanish appetizer
6. Zero, ____, two, ...
7. ____ for the course
8. Edmonton NHL team member
9. Not doing anything
10. Chive relative that's the Welsh emblem
11. Unhappy
13. Campaign poster inscriptions
14. Unearth (2 wds.)
18. From the Emerald Isle
20. Bashes into
23. What visitors to Hawaii often receive
24. Rainbow shapes
25. Muscular strength
26. 1,000 kilograms
27. Chosen at random, as one's lottery ticket
28. Barbecue residue
29. Blessed one
30. European mountains
31. Green citrus fruit



35. Spoiled kid
36. Kings: Fr.
37. Teeter-totters
39. Belief system
40. Very: Fr.
43. The longest river in BC, it has its mouth at Vancouver
44. Boots from office
45. Greenskeepers cut it
47. Toronto group that backed Bob Dylan as The

- Hawks; with "The"
48. Put chips into a poker pot prior to receiving cards
49. Skin opening
50. A horse's canter or gallop
51. Therefore
52. Rescuers of stalled cars
53. Small batteries
54. "Easy as ____!"
56. That girl

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

9	7	6	2	4	3	5	8	1
8	2	4	7	5	1	9	6	3
5	1	3	9	8	8	4	7	2
2	8	7	6	1	5	3	4	9
4	6	1	3	2	9	8	5	7
3	5	9	8	7	4	1	2	6
7	4	6	1	3	2	5	9	5
6	3	5	4	9	7	2	1	8
1	9	2	5	8	6	7	2	4

	4		9		2		1	
6								8
		9		4		2		
	6	3		7		1	8	
	1			2			4	
	5	7		9		6	3	
		6		5		8		
1								3
	9		3		8		6	

Today

9°/1°
Variable

Wednesday

8°/1°
Sunny

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